



CITY FACES

Todd Bryanton is getting YouTube-famous from his home studio. **P. 2**

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THE STATE OF HIS MIND

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FREE

CITY FACES

TECHNOLOGY

YouTube opened a world of music to local composer

By Ashley Martin

Todd Bryson is helping create the next generation of music fans, and it's all thanks to the Internet.

From the comfort of the basement studio in his south Boston home, Bryson composes the scores for kid-friendly YouTube videos by artists around the world.

He's garnered almost 18 million views on his LifeDance channel, which has almost 80,000 subscribers.

Further his songs "I Like Trains" and "Mike Turtle" were heard 18 million and 13.6 million times, respectively, on the channel of popular YouTube Terriks.

"It's kind of weird to think — that's getting to be so many people almost as there are in Canada," said Bryson.

He's witnessed the proof of his popularity while picking up his daughter Emily from school.

"I've heard kids singing songs I've written for Tom's stuff not knowing I wrote it."

"YouTube is so big of a part of their cultural landscape as things like TV were growing up for people in my generation."

Bryson's YouTube career started quite by accident.

In 2011, he posted a video he considered a joke, which went viral after being picked up by BuzzFeed.

He was contacted by Tom Halsewell, aka Terriks, who asked Bryson to compose soundtracks for his animated short films.

Bryson's work has gotten one of two ways: either an instant hit or given a golden ear of what to leave. Other than Bryson speaks an idea of his own and turns an animator to compose a video of his own rough outline.

"You kind of have to be (versatile) as a music composer because you're asked to create so many different styles and take on so many genres."

Until a year ago Bryson worked as a computer at Talking Dog Studios, where his father Rob is president.

He wrote music for TV shows like *Center Stage* and *Imagination* and films like *Tall Men*. But as his YouTube workload grew, he gambled and quit Talking Dog to pursue his new gig full-time.

A self taught musician, his home studio is filled with instruments — an organ, a piano, drums, guitars — and a computer.



Todd Bryson, local musician and animator at Talking Dog Studios in Boston, gets hits by Terriks.

Bryson's grateful he's able to make a living from his basement, but working by himself at home can get lonely even though his wife Annie often helps his creative process.

YouTube conventions help break the monotony allowing him to meet his colleagues and fans. He's traveled to California, Florida and England.

"It's weird because I work on stuff kind of anonymously here, so it was interesting to meet people who are... on the other side of the computer who are actually watching these videos."

In London during the summer of the City YouTube conference in August, Bryson performed to a crowd of 1,000 at Alexandra Palace, a venue that's seen some of the biggest names in music.

"Reggina and herds like that played there, so it was kind of bizarre because I'm just some guy who puts music on YouTube."

It's more that Bryson performs for people more than of his music is recorded. But he's not alone. He says YouTube is changing the music industry.

"There's a lot less emphasis on live performance and gigging and stuff like that."

Not only that, musicians who use YouTube focus less on albums, says Bryson.

"You see more people who are pushing things out quicker," he says. "More people who are living from song to song as opposed to saving up whole albums of material and then trying to promote that."

"It's changing the music industry because it's essentially making a lot shorter attention spans."

But marketing is one thing that hasn't changed.

Unless Bryson gets views, no one will hear his music and he won't get paid. And on YouTube, it pays to be popular.

That said, "you just drive yourself crazy" striving to be popular.

"The most popular thing on my channel that has over four million views now is something I did as a joke that I didn't think anyone would watch."

He's always guaranteed at least two views though. His daughters Emily, 6, and Colleen, 5, are always quick to support their dad.

"I know that I can just play them something and they'll go crazy start hugging around the room."

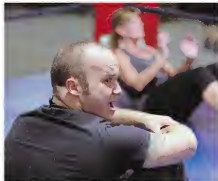
"They'll get excited about anything I play them."

And when he says anything he means any thing.

"Dadness doesn't always understand what things I've worked on," said Bryson. "Sometimes I'll have the radio on and it'll be somebody else's song a popular song, and (he says) 'I really like your song today.'"

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Shirley Thompson, who has been battling bipolar disorder for 15 years, conducts a boxing class at the Regina Boxing Club. QC PHOTO BY KIRAN JOURNALIST

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Sharmen Sorooshpash does yoga in the dance studio at the University of Regina. QC PHOTO BY TERRY H. BELL

QC COVER PHOTO BY MICHAEL BELL

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ON THE COVER

MENTAL HEALTH

Therrien takes no ordinary day for granted

By Ashley Martin

Since Therrien's return is to look on the bright side, even in a terribly ing situation.

In 2001, working on an oil rig in Rocky Mountain House, Alta., the derrick caught his hand, crushed him off the derrick board and lifted him 200 feet in the air. How did that happen? he remembers wondering.

"My eyes were wide open and it was kind of a crash."

He didn't know it at the time, but that incident resulted in cracked bones, spinal issues and sciatic nerve damage. He has metal in his back from two resulting surgeries.

This is the first story he tells during our two-hour interview at a downtown Regina coffee shop. The detail he includes sets the pace for the rest of the interview.

Therrien is a muscular 30-year-old, wearing sweatpants and a T-shirt that shows his tattooed biceps — he's all about comfort. He drinks his coffee with lots of cream and munches from a container filled with carrot sticks and almonds that he brought from home. He talks from a tough mood day, he says.

"Everyone is drawn to him. He's just amazing. He's probably one of the strongest, kindest people I've ever met," says Therrien's cousin Jill Gelber. "He makes everyone around him feel good. Everyone around him feels special and important because he has a way of making people feel like they are. He's a lot of fun and just a great guy."

He describes himself as an average guy but his circumstances are less than average.

The pain of a broken back is now compared to everything else Therrien has experienced.

Since graduating high school in Armstrong, B.C., where he grew up, he has struggled with mental illness, specifically type 2 bipolar disorder. In the 15 years since, he's been



Since Therrien has been dealing with his bipolar disorder for 15 years, QC PHOTO BY MICHELLE SELL.

hospitalized eight times and, at 30, stopped counting his electroconvulsive therapy (ECT) treatments.

He wrote about his illness in *Interrupted* with Bipolar, published in August by DiverWorks Ink. He calls it a "memoir of reticence," understanding so.

Therrien has contemplated suicide in his depression. The manic side of his illness has manifested twice, once recalling a belief that he was becoming God, and once in a naked walk around his new neigh-

borhood.

For all this, it's no wonder Therrien appreciates the little things in life.

"It's exciting to get up and scrape the windows of your car when it's minus 50 like 'Guh that sucks. I hate Saskatchewan. It's cold, the world's against me,'" he says, adopting a loud, gruff, midman voice and laughing. Or feeling the burn at crossfit — he teaches a fitness class at CrossFit Regina a couple days a week.

Bipolar is an illness that tells you that you don't have an illness.

"I'm so lucky to be able to be fun, honest, and to just enjoy things like that. The choice to do it."

"He's a wonderful young man and he's overcome so much," says Donna Davies, who edited and helped publish Therrien's book. "What I appreciate about his work is the insight he has into his own illness and how he is working through that."

According to the Canadian Mental

Health Association, 31 per cent of Canadians will have a mental illness in their lifetime. One per cent of Canadians will experience bipolar disorder. Right now, you will be better major depression.

Therrien first got sick in 1999. He had trouble sleeping, interacting. He wanted to isolate himself and had unacceptable feelings of shame and guilt.

When I feel healthy it's nice to try to convince myself that every day I don't have to be that part, being sick is not who I am. And when I'm not well I know I just have to wait it out, grind it out, and one day I will be healthy again.

—Shae Therrien

"Everything cognitive became very difficult," says Therrien.

"I had no idea what was going on. I just thought I was really sick, but it came to the point that I believed I'd been this way all my life. Looking back as it more (the illness) of this every tomorrow thought you have."

It was the first time he had thoughts of suicide, because "it just made sense to not be there."

He felt like a burden to friends and family and would cry for no reason.

His older sister Corrie was living in Vancouver about 100 kilometres southeast of Regina. She brought Therrien to Saskatoon and he was admitted to the psychiatric facility in Weyburn.

His memories of that time are foggy but after his second ECT treatment, "I really something changed and it's like somebody just turned me back functioning again."

When he first met his psychiatrist, William Almqvist, there was an immediate connection.

"My first conversation I had with him was talking everything right on — having trouble sleeping, you feel hopeless, you feel sad, you feel full of shame and guilt, you have trouble eating. He just knew what was going down and it was so nice to hear somebody know how I was feeling."

But in spite of that halcyon moment, when Therrien left Weyburn five months later, he threw his pills out the window on his way home. He believed the doctor didn't know what he was talking about.

"I had no interest in trying to figure out what was going down and I definitely didn't want it to happen again so I think I just turned a blind eye to it."

♦ ♦ ♦ ♦

During electroconvulsive therapy last month, the patient is anesthetized and shaved with a muscle relaxant.

A breathing apparatus is placed down the throat and an electric current passes through each ear and pushes into the brain, causing a seizure. A machine determines how long the seizure should last — it is not like the psychiatrist says you go for 30 seconds, says Therrien.

It's an outpatient procedure and he goes every couple of weeks.

Though ECT is historically controversial, Therrien agrees it's helped him.

"It's helped me more than I could imagine."

♦ ♦ ♦ ♦

Therrien had his first relapse in 2003 in Regina, where Corrie was then living with her



Shae Therrien conducts a diving class at the Regina Scuba Club where he's been a member since 2004. (C) PHOTO BY KEVIN SCHMIDTKE

husband and three children. Therrien moved in with her family after entering his book.

It marked his first break with waves, a two day period during his hospital stay.

With fast thoughts and a tingling body Therrien felt alive. In his euphoric state he thought he could read people's minds that he was becoming a genius.

He had visions of breaking borders of people

who'd line up to see him in a church. At the peak of his manic state was a second-long belief that he'd become God.

"That's when it happened, my body just kind of snapped something broke and all this stuff left my body."

In my mind at that time I just went crazy.

After more ECT treatments and returning

home to his sister, things seemed back to normal. Therrien had surgery on his back and he returned to drinking.

He had started experimenting with drugs and alcohol at age 18 and wonders if that triggered his illness.

He shared the substance in adulthood as a coping mechanism.

Continued on Page 7

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

BERNARD FLAMAN

Architecture of Saskatchewan: A Visual History 1930-2011

Architecture is not the first thing we think about when we think of Saskatchewan. Yet there is the well-known Edwardian Classical style Legislative Building and the superb collection of Collegiate Gothic style buildings at the University of Saskatchewan, but there were also constructed prior to the First World War and represent the so-called "Revival" styles in architecture (Gothic, Classical, Romanesque, etc.). Also this time period, ending around 1930, was chronicled in the 1966 book *Historic Architecture of Saskatchewan*.

It was 30 years ago when the idea of a follow-up to *Historic Architecture* was first discussed. The "story" is about the present of Modern archi-

ture. Initially the editorial direction focused on the professional world, telling the story of the profession's architectural firm, but this shifted as the book was being developed to a focus on the buildings. It would convey the evolution of architecture over an 80-year period through a series of exceptional archival and new photographic images, supplemented by a few architectural drawings.

The primary goal of the book is to engage a public audience in a discussion and appreciation of architecture, to really look at the buildings that are all around us, ones that we use on a daily basis and may appreciate, but ones that we may not know anything about.



Bernard Flaman

A benefit of this appreciation will hopefully stem the loss of buildings from the modernist time period, a loss that is taking place at this moment.

It is an important period, beautiful and the buildings in many cases, were exceptionally well designed. But they are being demolished one by one, or renovated out of existence. Several important examples have disappeared even while the book was being researched and written.

The book, I believe, by its visual nature, in an age with the realisation of a printed book in the era of electronic media, a more purely text-based publication would be more suited to a mobile device or a website. I really wanted that book to be a beautiful artifact that someone would want to own and experience or perhaps give as a gift. It is also in step with what



we as architects do best. We are, as a group, more visual than literary, and with *Architecture of Saskatchewan* we are looking to one strength of carrying on a meaningful image for the province's best architects.

This book is available at all the bookstores in Saskatchewan and online at our press on

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It's terrible because nobody wants to see someone that they love in so much sadness and pain, and you're sort of at a loss because there's really nothing you can do to help. — Jill Gellner

"I kind of always knew it would happen again so sometimes I would try to drink and use drugs because I felt like it would be more honorable if I died of an overdose as opposed to just kill myself."

"I spent a lot of nights by myself wondering when it was going to happen again."

His paralyzers were his drink of choice, but he wasn't happy.

After a binge on July 3, 2003, two days before his 33rd birthday, Currie dropped him off at the General Hospital again for his third psychiatric admission. She didn't know how to help him.

"I couldn't get these thoughts of suicide out of my head. It just felt like, when depression swallows your life up, everything becomes such a chore."

Thermon relies on a combination of drugs and ECT to stay healthy. He's taken electroconvulsive therapy (ECT) on independent nights for seven years to keep him sane. It increases the level of serotonin, which regulates mood and sleep.

His latest hospital stay lasted only seven days, it's an acute episode and mood stabilizer.

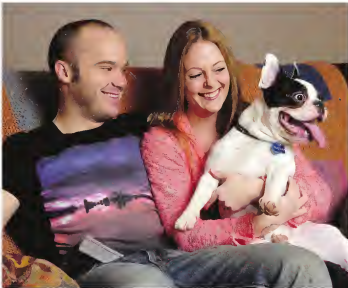
He takes a sleeping pill, sometimes as needed.

This third hospital admission marked a turning point. After leaving the hospital, Thermon found it difficult to live.

He made health a priority. He quit drinking and began attending AA meetings. He moved out of his sister's home into a house operated by Regina Residential Society, of living a mix of support and independent living. After a year sober, he joined the Regens Housing (Chk in 2004 and would have three nights a week).

He enrolled in a year-long course at RASST with the goal of working with troubled kids.

He'd lived almost four years without a hope in his mental health. He bought a house in West Regina. He drove with his faith, having only set



Shae Thermon with his fiancée Jill Gellner and their dog Hagen at their Regina home. GCP PHOTO BY MICHAEL BELL

foot in a church for the first time at age 33, taking discipline classes at Regina Apostolic Church.

His goal was full.

One night at the church in 2008, he experienced his second bout with mania. In his euphoria, he felt like Superman. He members falling on the floor at church, and then not opening his eyes as a friend drove him home and helped him to bed. He still couldn't open his eyes — he felt there was too much static

within. The bedsheets, his clothes, his house, everything was squishy and hard. So he moved them, and moved himself from the house.

"In the back of my mind, I'm like, 'What, you're asked,' but I really didn't care. I wanted to get out of my house. When I walked outside I felt like my body decomposed."

Just a few weeks into living in this neighbourhood, he ran into a couple of his neighbours and told them he was "being guided."

Helped back made by one of the neighbours, the squashing stopped and anger and confusion ensued at what had just occurred. He called his mom, Cathy, who lives in Whitehorse, and told her he knew he was getting sick again. Back to the hospital he went for his fourth admission.

"That's when I understood I had an illness."

As I look back on it now I can see the building as to where balance in

my life is so important."

Thermon proudly wears a shirt that reads "Healthy in the hospital in Canada." "There's no one to credit Canada's health care."

"It's such a blessing to get sick in Regina. I don't have to pay for my health. I don't have to pay for ECT treatments."

Continued on Page 8

I had no idea what was going on. I just thought I was really sad, but it came to the point that I believed I'd been this way all my life. Looking back on it now, (the illness) affects every conscious thought you have. — Therrien

In hospital, he's fit, unbothered and most importantly, in a safe environment. One time at home he was so desperate that he pushed a knife into his arm just to relieve his tension of an eventual autopsy for a split second.

The truth is, I would not have made it this far in my life with bipolar depression if I just asked for help and that just never took. They

"It was not to be able to have a health care system that can take care of me when I can't take care of myself."

■ ■ ■ ■ ■

Two more years of uninterrupted life. Therrien worked for Regina Public Schools at Victoria Campus. He hopes doing so, where he met Gellner. She made him realize he could share a life in spite of being mentally ill.

In December 2010, he was unexpectedly hospitalized for a couple of days, but felt so good he thought he didn't need them. Depression built, he couldn't sleep and landed in hospital in February 2011 for six weeks. On a month, then another admission in May during which time he started to journal, which paved the way for his book.

In August 2011, another two months in his mind. Then a year of homelessness during which time he finished his book. In August 2013, he was going to start kinesiology studies at the U of R, but again landed in hospital for three months, which added another chapter to the book.

Gellner, who has gone from gym buddy to girlfriend to fiancée in the past few years, has been around for those last four admissions.

"It's terrible because nobody wants to see someone that they love so much sad and pain, and you're sort of at a loss because there's really nothing you can do to help. The best you can do is just let him know that I'm here for him and that people love him and our lives are better with him in it," says Gellner, who does her best to support without judgement, and to not take things personally.

■ ■ ■ ■ ■

The stigma that's historically been attached to mental illness is changing, says Therrien. Media address mental health. Some workplaces offer mental health days to employees.

It's something that every real dad I think the people who carry around about it are the people who struggle with it," says Therrien, who was an activist for years about his illness.

But not anymore. He speaks out about bipolar. He participated in CBC's *Human Library* Day last January, which allowed strangers to

sit down and ask him anything.

In 2012 letters on his book's back cover a quote: "I will not be ashamed of the stigma that came along with mental illness."

"People are recognizing how much courage it takes to tell a story like this," says Denner. "It's been really really great to work with him and to share his story because the people that it's reaching are people who need this book, not just people who want it."

■ ■ ■ ■ ■

"Bipolar is an illness that tells you that you don't have an illness." That excerpt from a big Canada magazine article has become a mantra for Therrien.

It's a truth that requires him to be accountable to his illness at all times. It's a goodly able, terrible illness, he says, but he can never forget about it.

"I'm not blind to the fact I could get sick tomorrow."

When he does get sick, "I think he's the last one to kind of figure it out," says Gellner. "It's hard to make him see it's happening."

"When I feel healthy it's nice to try to convince myself that every day I don't have to be that person, being sick is not who I am," says Therrien. "And when I'm not well I know I just have to wait it out, grind it out, and one day I will be healthy again. When I'm not well I don't want to believe (it'll get better), because that just means that I have to suffer until it's done."

But that's not to say he dwells on being sick. He doesn't want to live in fear of a relapse.

"Not taking a day for granted is how it has to be."

Gellner believes Therrien's illness has shaped the person he is.

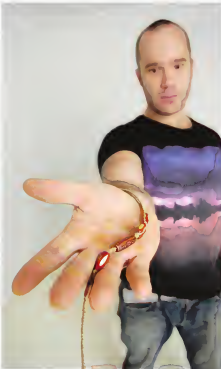
"Without him having experienced those negative aspects of his life — maybe he wouldn't be as kind and compassionate and strong. Even though I would love to be able to take it away from him when he's sad, I also think that it's shaped him into just an amazing person."

Therrien revels in the things he enjoys: cooking, well, exercising, even experiencing "badly acid" — sadness at a truly and situation.

"Normal is exciting for me. I appreciate routine. Go grocery shopping, even. They mean hell, yeah it sucks, but I'm glad I can do those things."

"It's comforting to know the toughest decision I have to make is to go grocery store. That's pretty exciting. It's pretty awesome and it's a pretty lucky."

author@leaderpost.com



After Therrien displays the first manuscript page he started to create while hospitalized in 2012. QC PHOTO BY MICHAEL STELL

NEXT WEEK: How involved are you in your children's school life? Email QC@leaderpost.com

® PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

At what moment were you most proud of your children?



"Moments for me to feel proud were those when other parents and teachers as well, remarked at the good kind or compassionate behaviour of my child at any age. Some times we miss it but when others see it, it reinforces that we have had a real sense of success knowing them well."
— Debbie Parent

"From the moment my children were born I've been proud of them. Major proud moments have included: being removed from their wheelchairs, coming off of oxygen support in the NICU and allowing relatives that we were told they wouldn't likely touch."
— Michelle Glascock

"When my son moved two gold medals for Kempo was just awesome. But after our last baby watching my older son and daughter both come up and be so excited and proud so proud like their

new siblings that it's always been here. Not only cheered me up but made me so proud to have such love kids."
— Alyssa Cornuechick

"The correct question would be: When were you NOT proud of your children? The answer would be: I'm always proud of my children. They are accomplishing more in their young lifetimes than I ever have or will be."
— Judy St.

"I am proud of my children at EVERY moment. Certain moments may stand out, i.e. getting an award for being generous or getting along with others, sharing Halloween candy with the whole Church youth group without being asked (practicing), we being visited by our children (top grandchildren). Everything they do is an accomplishment and something to be proud of!"
— Carla Carter-Sims

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IN THE CITY

BEST OF 2013



SATURDAY, AUG. 10, 10:37 P.M. Carson Kohn competes at 1980 jump on Wausau Lake. **QC PHOTO BY MICHAEL BELL.**

Our photographers are a talented bunch. Each week, our Moment in Time page showcases an example of the best work Michael Bell, Bryan Schaefer, Troy Flaxton and Don Hocky have to offer. Sometimes funny, other times life-sized, the photos always tell a story. Here are a few of our favorites from the past year.



SATURDAY, MARCH 9, 2:14 P.M. Heavy MacFarlane fits in a wagon pulled by his Clydesdale horses at the *Antiques* event. **QC PHOTO BY MICHAEL BELL.**



SATURDAY, APRIL 6, 2:45 P.M. *Pinnermaker* Barry Nijelja, *Hudson's* Kante at the *Over International Puppet Underground Film Festival* at the Regina Public Library. **QC PHOTO BY MICHAEL BELL.**

FAVOURITE PLACE

#BEST OF 2013



Mia Radwanski and her daughter Abigail at the Saskatoon Senior Centre. QC PHOTO BY BRIAN SCHLOSSER



Christopher Lyndell paddles on Wascana Lake. QC PHOTO BY BRIAN SCHLOSSER



Mimi Barrett and Matt Lefebvre at Dufferin Overlook. QC PHOTO BY MICHAEL BELL

In fall 2012 we started asking Regina to share with us their favourite places in the Queen City in 2013. We heard new stories about well-known locations like the RCMP Heritage Centre, and obscure places like Englewood Park, and a few different takes on Wascana Park. But every story offers something new that helps us see our city through new eyes. This year we also launched an interactive feature online which allows you to view all of our favourite places in a new friend at leaderpost.com/QC.

More photos on page 12



Pat Morgan at the Regina Public Library (RPL) Theatre. QC PHOTO BY TONY KELLY



Sharon Sorensen practices yoga at the University of Regina dance studio. QC PHOTO BY TONY KELLY

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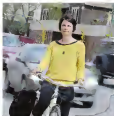
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BEST OF 2013



Kevin Clark catches a shot at the Golden Mile Bowling Lanes
QC PHOTO BY TROY FLEECE



Gert Mylman likes to cycle in downtown Regina.
QC PHOTO BY TOM HALL



Edward Wilentz at the Hotel Saskatchewan lounge
QC PHOTO BY BENJAMIN SCHLESSE



Merissa Rodriguez and her dog Cinch at Winter Horse Trail. QC PHOTO BY MICHAEL BELL



Dorlene Holman at the Regina Antique Mall. QC PHOTO BY TROY FLEECE



Lauri Welsh browses the books in the Regina Public Library. QC PHOTO BY BENJAMIN SCHLESSE



Soreen Ahmed at the Hoback Lounge. QC PHOTO BY BENJAMIN SCHLESSE

FASHION

What's your winter style?
Send a note to QC@leaderpost.com

#SASKATCHEWAN FASHION

Bloggers give tips for men's winter fashion

By Angelina Irlino

Last July Curtis, 28 and Graeme, 33, dressed and started *We, The Timeless*, a lifestyle blog for men with a focus on fashion. Although the couple live in different cities (Curtis in Saskatoon, Graeme in Calgary), their online love for fashion keeps them connected. Their passion for menswear is infectious that's why QC wanted to share some of their knowledge with readers. We enlisted their help so men can do what seems impossible during the dead of a Saskatchewan winter: stay warm while being stylish.

Q: What's your No. 1 tip on dressing well, yet practically for a Saskatchewan winter?

A. (GRAEME) Being cold is not cool. You have to take care of yourself. You just need to layer up, generally instead of wearing a dress shirt and tie, throw on a sweater and have something underneath. Any layer is going to provide some warmth.

(CURTIS) Layering is the key for sure. It looks good to just throw on a cardigan or sweater underneath before you put the next layer on. To complete the look you want each layer shrouding that you're not just looking like a bulky mess underneath your jacket.

Q: What about footwear? Can you wear a nice pair of dress shoes or boots in the snow?

A. (GRAEME) The only thing you have to be careful of with your dress shoes is to ensure that they're not made with any grip — like in all I know at Adidas — and I'm sure all other places — you can buy them almost stickers with added grip on them. So you just throw those on the bottom of anything. And we always have crazy socks on, so go with a thick wool or knit sock. It doesn't really matter what shoes you have on, your feet are going to be warm, regardless.

(CURTIS) In more casual situations you can get away with wearing — like Sam's have really come around as a duck boot — to keep your feet dry.

Q: Any other general tips for staying warm and stylish?

A. (CURTIS) A lot of guys miss dressing for the season, as far as the outdoors they put on. For instance, in the summer on a super hot day and you've got to wear a suit, you're not going to go to your friend or your mom, you should be putting on something that can breathe. The same goes for winter — you go to your friends and your friend and family would rather than you're sitting there that will let cold in.

(GRAEME) Pick up a nice dress coat, like a nice winter pea coat or a long pea coat. Nothing ruins a professional look like you've got your suit and tie then your t-shirt, down jacket jacket (snort).

Curtis

1. JACKET: RW & CO "It was bought by someone and it was too big for him. Before I learned about PFP (Pineau Fur Products) I bought it." **2. SCARF:** Scarf & Soda "I was just too excited. Sometimes you're standing at the cash register and you're like, 'hey that's a nice scarf.' I know that in there. I ordered the next day. It was \$75."

3. SWEATER: Scarf & Soda "I wore one a few coats that I bought from them. They actually do that with a lot of their winter jackets you buy. It comes with a layering piece right underneath it."

4. JEANS: Winners Jack & Jones **5. BOOTS:** Sologay Pines

Graeme

1. CARDIGAN: Topman **2. COAT:** Topman **3. SHOES:** Curtis's cousin's friend's

4. PANTS: H&M Value Village "It's some sort of thing you can find there."

5. BOOTS: K. H&M "I have no idea where I got them. I wear them all the time and just want to lend the cup out of them."

6. BAG: Ernest Alexander



Bloggers Curtis (left) and Graeme Duermund suggest layer: wool coats and heavy blankets to stay warm and stylish this winter. PHOTO BY WENDY LEE BROS

MUSIC

We're on Facebook:
Visit us at Facebook.com/QCRegina

#BEST OF 2013



Regina singer-songwriter Morgan Mayer. QC PHOTO BY BRIAN SCHLOSSER



The Pit of Horrors Brass Band. QC PHOTO BY MICHAEL BELL



Reggie Phil Smith. QC PHOTO BY BRIAN SCHLOSSER

Last year's cover stories are testament to Saskatchewan's thriving music scene. Three local Juno Award winners played out April 18 cover. On June 15 we had a comprehensive guide to the province's summer music festivals. We had profiles on singers Belwell and Mandy Brackley, fiddler Karmel Savitsky, the Regina Gold Chorus, and saxophonist June Thurman. And those were just cover stories. Each week on our Music page, we continue to highlight up-and-coming musicians and seasoned performers. Here are a few of our favourites from 2013.



Sheriff Current band The Midnight Stars. QC PHOTO BY BRIAN SCHLOSSER



Troy Blech, who plays lead in the Regina metal band the Chastity Box, started a solo project. QC PHOTO BY BRIAN SCHLOSSER

MUSIC

BEST OF 2013



Karen Hagman, Brenda Tack, Bob Greenfield, Sharon Tack and Jocelyn Riba/five members of Grassroots Reggae, which brings musical acts to the city. QC PHOTO BY DON HEALY



Music producer Chris Penning owns and operates SoundStream Studios. QC PHOTO BY ANDREW HATFE



Bluesgrass folk band The Diesel Souls. QC PHOTO BY DON HEALY



Reggae rock band Lo-Dawkins. QC PHOTO BY TERRY PULICE



Reggae Celtic band The Fibro Kins. QC PHOTO BY DON HEALY

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie Morley creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and send it to qzleaderpost.com by 9 a.m. Monday. One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's QC colouring contest winner was **Henry Lee**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

Rick's
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regina.gatorickys.com

**Breakfast perfected.
Dinner done right.**

(and everything in between?)

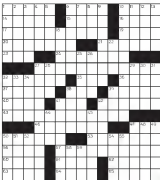


#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

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 6 Males who go through
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PIZZA BY DANIEL BROWN

JANIRIC
CLASSIC
SUDOKU

Level: GOLD

Fill in the blank cells
 using numbers 1 to 9.
 Each number can only
 appear once in each
 row, column and 3x3
 block. Use logic and
 process of elimination
 to solve the puzzle.

The difficulty level
 ranges from Bronze
 (easiest) to Silver
 to Gold (hardest).



Solution to the
 crossword puzzle and
 the Sudoku can be
 found on Page 21

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Jan. 8

Wednesday Night Folk: The Dead South
Bushwacker
2206 Dewdney Ave.

Jam Night
McNally's, 2226 Dewdney Ave.

Thursday, Jan. 9

Louisa Pearson
The Pump, 641 Victoria Ave. E.

Friday, Jan. 10

The Pops, The Jump Off
Okanagan, 1947 Scarth St.

Louisa Pearson
The Pump, 641 Victoria Ave. E.

Alley 14
McNally's, 2226 Dewdney Ave.

Cultural Exchange Holiday Party
Live music and dance party 9 p.m., The Exchange, 3431 Eighth Ave.

Saturday, Jan. 11

Kayce & Clayton
B&B Pub, The Club at The Exchange, 2431 Eighth Ave.

Dreg Tekus
The Lancaster, 4529 Gordon Rd.

Louisa Pearson
The Pump, 641 Victoria Ave. E.

Dangrous Cheese
McNally's, 2226 Dewdney Ave.

The Marry Melody
Regina Symphony Orchestra
8 p.m., Conexus Arts Centre
200 Lakeshore Dr.

Monday, Jan. 13

Monday Night Jazz & Blues



Kay and Clayton will perform at The Club at The Exchange at 2431 Eighth Ave. on Saturday.

The Jazz Ensemble
Bushwacker
2206 Dewdney Ave.

Tuesday, Jan. 14

Jam night
8 p.m., Bocoos, 1037 Park St.

The Shookles, Joe, Hello
Okanagan, 1947 Scarth St.

ART

Saskatoon Holiday Exhibition
Until Jan. 11, State Fine Art Gallery, 2078 10th Ave. S.

T. The Professional Native
Indian Artists Inc.
Until Jan. 12, Montclair Art Gallery, 3475 Albert St.

Clint Neufeld: The Chandeliers, the Trom-A-m, the Peacock, the Greyhound and My Grandmother's Chile Cabaret
Live lightboxes enthusiastically

will backlit vinyl depict the story of a boy-turned-man.
Until Jan. 12, Dunlop Art Gallery — Silverwood Village Branch, 6121 Beechdale Blvd.

Food for Yelco
Tanner Campbell and Mimi Gault-Memphis present the technique of tampe for all — "feeding the eye" — in paintings and sculptures.
Until Jan. 19, Dunlop Art Gallery — Central Branch, 2329 12th Ave.

Nathalie Desautel: Impression: Into May
Until Jan. 24, Art Gallery of Regina, West Saskatchewan Centre, 2430 Elphinstone St.

Reynold Peterson: The Mounted Police in Art
Until March 31, RCMP Heritage Centre, 5907 Dewdney Ave.

The Artists of Brent Neilsen Fine Arts
Now exhibiting quarterly.
Until July 31, 3014 Regina Drive Crossing, 1621 Albert St.

—
Amberle Gallery
2265 Smith St. Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Norman Suss
2146 Albert St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

Deborah Giff and Fine Arts
Oil and ink paintings by Christine Artis, Linghee Aeng and Hazel Tien.
2323 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

State Fine Art Gallery
2078 10th Ave. S. Open Tuesday to Friday 10 a.m.-6 p.m., Saturday 10 a.m.-5 p.m.

COMEDY

Williams and Lee
Jan. 10, 8 p.m.
Cassino Regency Show Lounge
1880 Saskatchewan Dr.

Comedy Grand
Every Saturday night
Gadsden, 2338 Dewdney Ave.

THEATRE

How to Close Peedunk
Workshop for poets and performers
Every Thursday, 5-9 p.m.
Creative City Centre, 1843 Hamilton St.

Titans: The Musical
Do It With Class
Jan. 9-10
Conexus Arts Centre
200 Lakeshore Dr.

Samuel and Juliet
Royal Winnipeg Ballet
Jan. 12, 7:30 p.m.
Conexus Arts Centre
200 Lakeshore Dr.

Robert Chase Playwright
Reading
Jan. 13, 8-10 p.m.
U of R music Centre room 260

SPECIAL EVENTS

Regina Pops vs. Neil Dear
Jan. 8, 7 p.m.
Bonsai Centre, 1100 Place

Monthly ALDS breast risk meeting
Jan. 8, 8 p.m.
Bushwacker basement club-room, 2206 Dewdney Ave.

True Colours Gala
An evening of body empowerment and bodybuilding images, featuring spoken word poetry, singing, lip-synch and speaking and shopping.
Jan. 10, 7 p.m.
Creative City Centre, 1843 Hamilton St.

Canadian Women's Squash Team Championship
Jan. 10-12
Golden Gate South, 3815 Pasqua St.

Regina Pops vs. Calgary
Jan. 10, 7 p.m.
Bonsai Centre, 1100 Place

NEW MOVIES

The Legend of Hercules
Action
In Ancient Greece, a queen bears the son of Zeus. He overthrows a tyrannical king and restores peace. But this prince, Hercules (Kellan Lutz), knows nothing of his blue destiny. His one desire is the love of Hebe, Princess of Olympus, who is betrothed to Hercules' brother.

Love Runaway
Action
When four members of SEAL Team 10 are sent out on "Operation Red Wing" to capture or kill Taliban leader Ahmed Shahid, the only survivor is Marcus Luttrell (Mark Wahlberg). Based on a true story.

Ice
Drama
Set in the Los Angeles of the eight future, Matt Salvo's The Silence (Joseph Phoenix) is a soulful man who makes his living writing personal letters for other people. He becomes involved with a new apartment system, with promises to be an intuitive entry to its owners, individual to each one. "Silent" (Scarlett Johansson) is an insightful, sensitive and funny female voice. Their friendship develops into an essential love for each other.

Galaxy Cinema
420 McArthur Blvd. N.
306-522-9999

Cineplex Odeon
Saskatoon Mall Cinema
3025 Gordon St., 305-585-3383

—
Regina Public Library Theatre
1281 12th Ave., 366-777-5554

Kramer Lines
2920 Post House Dr.
306-522-6679

Rainbow Cinema
Golden Mile Shopping Centre
3800 Albert St., 305-585-5280

WINE WORLD

HOUSE OF MANDELA CABERNET SAUVIGNON

Wine from house of former RSA leader a fitting tribute

By James Romanow

It seems appropriate as the world marks the passing of one of South Africa's greatest statesmen — and for that matter one of the world's — to drink a Mandela wine. The winery is owned by the Mandela clan, which is both a good and a bad thing.

Nelson Mandela's personal life was as tumultuous as his political career. Not all of his off spring, relatives and friends are widely admired. He people. Moreover, I've never been convinced that buying a bottle of wine that gives you 50 cents from each purchase to the pound, to be a sound way to support charities and political causes. After all, if you really want to support the pound, forget the wine, give the whole \$15 to the pound and feel particularly righteous. One day without wine won't kill you.

Whether buying the Mandela Cabernet Sauvignon is a really appropriate way to show respect, I'll leave to your judgement. In this case, the winery is also marking to make their friends' landmark which I hope and imagine, works out to decent pay for the labourers, something I can sign off on.

I've been drinking South African wine for 30 years, both the pre- and post-apartheid era. I do so because most of these wines are well made and good value for the money spent. This is a good example of why I shop the section.



Treaty with decent structure and some tannins, this is a nice example of a mid-market cabernet. The bouquet is pleasantly herbal with accents and tobacco, and the palate balanced and unadorned. In short, this is a perfectly drinkable table wine for your winter dashes — whether slow, or speedy.

House of Mandela Cabernet Sauvignon, South Africa, 2002. \$15 ***

More wine throughout the week in Theater Globehouse.

Crossword/Sudoku answers

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OUTLAD	MYDEAR	
NES	NEWSIES	
	SQUARTACTIC	
HIREES	ETH	ARNO
GRAND	LAG	APERS
TAGS	SOT	ALEXEI
SQUARTACTIC		
	THICKETS	PCA
ACTION	TEASERS	
GRIT	GRIAT	SQUAT
GOVE	ALOR	PINTO
SPEED	LANN	SNEER

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1	2	9	3	8	4	7	6	5
3	5	8	6	2	7	4	1	9
2	1	3	7	4	9	8	5	6
7	9	5	8	6	3	1	2	4
8	4	6	2	5	1	9	7	3



Next week in QC

For 20 years, Andorlie Hillstrom has shared her passion for the arts with young people.

SHARP EATS

SASKATCHEWAN FOOD TRENDS

It's been one heck of a year for Saskatchewan's food scene. Restaurants are opening faster than toast and can keep track of it in both Saskatoon and Regina. Many are locally owned establishments that focus on fresh ingredients sourced from producers in the province. Historically, franchise chain restaurants have done well in Saskatchewan, which speaks to the ability to give people the ideal food and atmosphere.

But conceptions of what quality really means are changing, and diners are supporting that trend. Every week in Saskatoon and Regina, columnist Jenn Sharp highlights what's happening in Saskatchewan's foodie district, with recommendations on new places or good acts to try and information about who's all matters. Food is not simply sustenance; it's an integral part of our culture and our life. And life is too short to eat bad food.



Quatro Regatta also serves beef brisket in the Prairie Smoke & Spice food truck in Regina. **PHOTO BY TROY ALICE**



Dave Kirschen and chef Jonathan Macdonald's gold medal-winning dish at the Gold Medal Plates 2013 was salt-baked scallop, buttery, garlicky bread and lobster stock-infused wrapped butter all garnished with the classic white asparagus and leafy greens. **PHOTO BY GORD MCELROY**



Millon DeBello of the Platinum Place Hotel Saskatchewan night brought a dinner menu to Regina from the Gold Medal Plates Canadian Culinary Championships held in Vancouver, B.C. Gold was awarded to Marc St. Jacques from Toronto and the silver went to James St. John from Ottawa in February. **PHOTO SUPPLIED BY GOLD MEDAL PLATES**



Fearless chef Chris Miller prepared a salad and chicken dish that was featured in Saturday's Farmers Market Fresh Sheet dinner. **PHOTO BY GORD MCELROY**



Excited chef Chris Miller prepared a salad and chicken dish. **PHOTO BY GORD MCELROY**



Regina's Greta Gobin, pastry chef and owner of Le Mûrier, competed in Gold Medal Plates in Regina in Nov. 1. **PHOTO BY GORD MCELROY**

GARDENING

GARDEN PLANNING

A sure sign of spring — the seed catalogues

By Eri Svendsen

For me, seed catalogues arriving in the mail is just as sure a sign of spring as the longer days post winter solstice (because the -30 C that I write up is today as I'm writing this certainly isn't doing it for me). Seed companies come and go, but the number and variety of mail order companies is more expansive than ever. There are five magazines that are like department stores selling an entire selection of common (and a few specialty) vegetables and flowers. If your tastes are more specific or unique to the exotic, there are specialty boutique mail order seed and plant sellers for you too.

Many have put on the headphones and now offer organic seeds as well as presenting themselves as GMO-free food that there are an estimate number of GMO vegetable food crops to start with and an GMO lawsuit that I know of. Mail companies have adapted to the new world order (giving colourful websites and online ordering (with some internet specials) but for the foodies among us, paper catalogues (some for a modest price) and mailed envelopes are still accepted by all.

Seed catalogues offer more than just lists of seed varieties and their prices. There are descriptions, days to start (and to harvest), seed sowing some history, awards and growing tips. Online seed company websites offer more in depth or related information on pricing, pest control, production guides, companion plants and more. And besides seeds, many companies offer plants, tools, supplies, books, clothing, weather instruments, chemicals, etc. But note, depending on where you live or where the seed company is shipping from, not all products may be available to you.

Some of the department store seed catalogues that I personally regard (not all offices as I start planning my vegetable garden) includes: thelionseed.com, www.stokeseeds.com, T & T

seeds (www.tandseeds.com), Johnny's Selected Seeds (www.johnnyseeds.com) and Wasy's Seeds (www.wasys.com). It would be remiss (and likely in receipt of a phone call or two) if I didn't include Salskote's own Kirby's Farm and Garden (at 300 www.gardenplan.com) in my list here. In addition to selling seeds, equipment, fertilizers, potting media, and much more for the purchaser in their two brick-and-mortar stores, they offer all their seeds and some garden supplies through a full colour mail order catalogue for out of towners in Saskatchewan and beyond.

Bachman Herb Specialists (www.bachman.com), a boutique supplier, offers both herb seeds and seedlings. A few years ago they expanded their offering with "Seed Zoo," a selection of rare and endangered food plants from around the world. If you're interested in growing heritage plants, Heritage Harvest Seeds of Canada, Mass., offers heirloom vegetable, fruit and herb seeds (and a few recipes). They have an especially large selection of heirloom beans to cultivate. In search of the unusual, I used to carefully read through Thompson and Morgan's (www.thompsonsmorgan.co.uk) catalogue to check the some way that some may read through the *Stokes Christmas Yearbook*. They sell seeds from around the world, lots that are beautiful and many that are exotic, weird and wonderful. For the more adventurous and the dreamers, it's well worth looking through.

There are too many general seed suppliers as well as the missy specialty suppliers (e.g. peas, silver pommesque squashes, native, herbs and on and on) to list here. Fortunately there is an excellent Canadian online resource: www1000gardens.com. Besides "Suppliers" (in search by category, province/state, country or keyword), full company contact information (including web link if available) is listed. Continue exploring the site to discover informative native crops contact information for horticulture diaries in your area,



There is nothing more exciting to gardening enthusiasts than a new seed catalogue arriving at their door. www1000gardens.com

upcoming events, book reviews and links.

One final thought. While seed catalogues are fun to read through and informative, don't forget to browse your

local garden centres. Their selections may be less wide-ranging (but what they have is likely to be tried and true in your area. And you may be surprised at the variety available (plus to

shopping clubs to consider with). This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca). johanna@johanna.com

